

School Board Workshop:

February 13, 2023

Subject:

BHS 2022 Fall Activities Report

Presenter:

Nick Guida, BHS Activities Director

SUGGESTED SCHOOL BOARD ACTION:

None

DESCRIPTION:

An update on BHS Activities will be provided at the workshop.

Season Summaries:

Fall Musical - *Footloose*

Submitted by Debb Bestland

Director: H.D. (Tracy) Hagstrom Durant

Assistant: Katie Pitchford

Music Director: Zack Carlson

Choreographer: Debb Bestland

Assistant: Ingrid Nelson

Tech Director and Set designer: Greg Bestland

Sound Direction by Joel Strand

Lighting assistance by Tracy Paulsen

Footloose the Musical is a celebration of all that it means to be alive and young. Our students identified with the music and story and as a result it was an outstanding success. Many of the students involved were new to the program and this was a fun introduction to the world of theatre. We had 42 students cast in the show and 46 on the tech crew and another 10 students and adults were in the pit orchestra. That's almost 100 students! In addition we had two alumni theatre students to help assist in the show. Katie (Miller) Pitchford and Ingrid Nelson were an important part of the directorial team.

Veteran students were teamed up with our newbies and helped them to quickly adjust to the rigors of musical theatre. The Tech students were divided into teams and assigned specific set pieces to build. Each team had new students assigned to mentor students to help in training procedures and work plans. Daily warmups, learning dance steps, practicing lines and music all became routine for the actors as the Student Leadership Team helped to guide them in theatre protocol which brought us to a

successful run for the show. Over 600 people a night came to cheer them on and enjoy the music.

For many years now our school has participated in the Spotlight Awards from Hennepin Theatre Trust. Awards are given and opportunities open to students for further work and training in the field of theatre. This year we were awarded an Outstanding Technical Award and Honorable Mention for Achievement in Theatre. Drew Elo (Ren) and Olivia Carey (Ariel) both won an outstanding award for their lead roles in the show and Kate Hendel (Rusty) won an honorable mention for her supporting role in the show. The tech crew also garnered a number of awards including Outstanding for Amelia Butler as Stage Manager and Adam Gusel as Student Technical Director; Honorable Mention in Technical Leadership for JoJo Nosbush as Board Operator and Britt Drennan as Stage Manager. Other cast members noted included: Lucas Bokusky, Harrison Klaphake, Dylan Mart, Neva Elo, Hannah Jackson and Olivia Telecky.

The show was challenging to produce as many of these students have lost two years of their high school theatre experience and training. We had a number of seniors in the production who were in their first and last musical as a high school student. They worked hard and stepped up the plate to make the show one that will be remembered throughout their life.

Boys Cross Country

Head Coach: Dave Knutsen (9th yr Head Coach - 16th year in Program)

Assistant Coach: Amber Sedbrook

Coming into the 2022 season there were a lot of questions. We had graduated a large number of seniors the previous year and all 7 Varsity spots were open. Who was going to step up? Who was going to lead? Was this truly a rebuilding year or could we remain competitive?

Our goals in the boys program are the same each year. Win our home meet, place top 3 in the Conference meet, win our Section meet, and place top 10 in the State meet.

Regardless if we are in a "rebuilding" year or not, we always set these goals.

Our number one this year was Senior Andrew Macheel. Andrew won 3 meets this year and was our number one runner in each meet. Other regular Varsity athletes included Luke Huss (Sr.), Wesley Wistrom (Soph), Dexter Huss (Soph), Jacob Macheel (Soph), Collin Berg (Jr) and Kumail Akram (Soph). Other members of the CC squad that stepped in and out of the Varsity lineup were Ethan Gregoire (Jr), Griffin Lind (Jr), Mio Zimmerman (Sr), Ryder Zvorak (Sr) and Kyle Douglas (Jr). The boys team won their home meet for the 9th time in 10 years, the Section preview meet in Bemidji, the New Prague meet, and the Section meet which was held in Bemidji (6th straight Section title) . The JV squad also placed first at the Maple Lake meet in the JV race.

This was a young group. Both in age and race experience. Learning how to race takes time. If we were going to meet our goals as a team this group was going to have to learn on the run (pun intended). They did a great job of pulling together and having a very good season in spite of this inexperience. What I think set this group apart this year from other years, is when they did have a meet, when things did not go as planned they were able to let it go and reset.

This year the boys team was the overwhelming favorite coming into the Section meet. We had handily won the preview meet and we were the clear favorite. At the Section meet our number 5 athlete had a rough day and started to have some trouble in the last 100m of the race (he is ok). But we are a team. Our #6 athlete, Collin Berg, saw that he was going to have to step up and succeeded in doing just that. The boys once again were the Section 8AAA Cross Country champions.

The following week we raced at the State meet in Northfield. Our goal each year is to be a top 10 team in the State meet. Unfortunately, our inexperience showed through a little in this meet. 5 of our 7 had never been to a State level competition. We ran hard but ended the meet in 15th place. As I said to the boys at our end-of-season banquet, we can be disappointed with this race, but we cannot be disappointed with our effort or this season.

This year's team was very young but they achieved a great deal. Our main Senior leaders Andrew Macheel, Luke Huss, Ryder Zvorak, Milo Zimmerman and William Besonen should be very proud of their leadership. With a core group of Sophomores that will be returning next Fall, the boys Cross Country team will look to stay competitive at both the Section and State level.

Girls Cross Country

Head Coach: Andrea Carlson (4th Year)
Assistant Coach: Alicia Berkeness

This year was fun and exciting as the young girls on the team were kind, energetic, hardworking, dedicated and committed! Our Varsity team consisted of: Sophia Ryhorchuk (team captain), Brooklyn Hart, Miley Farniok, Gabby Harder-Mullaney, Hope Bjornson and Kaline Merges. Our Junior Varsity team consisted of: Kadence Baloun, Maddie Jackson, Samantha Thompson, Eden Johnson, Abby Urick, Anna Wuollet, Manuela Fillipini, Meaghan Zink and Pearl Haverkamp. Our manager was Mackenzie Couch.

This year we competed in 10 meets including conference and sectionals. Our best team finish of 2nd place happened at our second meet of the season at the Maple Lake Invite. The girls all improved their times as the season went on, each running a PR for

their season at least once and as many as 5 times throughout the season! Our goals for the year were to work as a team and improve not only our individual times but how we finished as a team. The girls showed up to practice every day ready to work hard and during competitions they dug in and competed to the best of their ability. I enjoyed watching them push each other and encourage one another. They didn't let negativity seep in and when anyone had a bad day they were there as a team to pick each other up with encouraging words and genuine compassion for each other's wellbeing.

Something I enjoyed watching throughout the season was how at the end of every race our girls stayed at the finish line not only waiting for all their teammates to finish the race; but also to cheer on and offer words of encouragement to everyone as they crossed that finish line.

Our team is young and we are looking forward to next year where many of the girls are wanting to improve their times so they too will make it to State by the end of their high school years!

Below is how our Varsity team finished in each of the following meets:

6/7 Northwoods Park
2/9 Maple Lake
10/10 Hopkins
7/8 Sections Preview
9/12 Buffalo
8/11 New Prague
12/12 STMA
19/24 Lions Invite
7/7 Lake Conference
8/8 Sections

Girls Soccer

Head Coach: Josh Soukup 11th year

Assistant Coaches: Carris Schmitt, Mike Walters, Sam Haryn, Kelli Barht

I am extremely excited and positive about the future of Bison girls soccer. It's an honor and a privilege to lead this program, for this school, in this community. I am very grateful for this continued opportunity!

Our regular season record of 3-8-5; won our first section game over Rogers in shootouts (overtime) and lost to Sartell in the Section quarterfinal in shootouts (OT). We played 7 overtime games all ended in ties or shootouts. We played an extra 90 minutes of soccer this year in overtime periods! We had "key ties" against STMA twice and Eden Prairie. We are now 1-0-2 vs STMA in the last 3 games after having lost over 20 games in a row to them.

We had 65 girls come out and are projecting over 70 for next year; this puts in a spot to need a 4th level which is huge for our program's growth and development! The teams culture, defined by being incredibly grateful, extremely competitive, thoughtful of teammates and next play mentality, took a huge leap forward this play as we competed in every game. We were incredibly young - of 21 varsity players we had 6 freshman and 5 sophomores contributing significant minutes. Of our 65 girls who tried out only 10 were juniors or seniors. We had 2 all-conference awards (Claire Erickson and Leah Halderson) and 3 Honorable Mentions (Peyton Anderson, Hannah Braun and Olivia Luc). Claire and Leah were both nominated to be considered for All-State teams. Leah was not awarded a spot but Claire earned the first All-State honor in the history of Bison Girls Soccer (2nd team) as a Junior. Captains were Leah Halderson, Grace Panek, Kendra Ellis and Claire Erickson.

Boys Soccer

Head Coach: Joe Pokorny (12th year coaching at BHS - 7th year as Head Coach)
Asst Coaches: Josh Tierney (4th year); Jordan Danielson (5th year); Marc Mens (1st Year)

Boys Soccer had a fun, challenging and memorable 2022 season. Our varsity group finished the season with a 3-10-2 overall record in the regular season, going 0-7-1 in Lake Conference play. Highlights included a 7-3 victory vs. Rogers, as well as a win against rival Monticello. After earning a #6 seed in Section 8AAA, the season ended with a closely-contested match against the #3 seed STMA. The Bison lost 2-1 in a game that came down to the wire. STMA would go on to win the section and advance to the state tournament. Yancy Aguilar led the Bison in goals with 11. Tyler Schrepfer led the team in assists with 5. Goalkeeper Isaac Brandstrom led the team in save percentage at 69.13%.

Like our varsity, our lower level teams played a demanding schedule against excellent competition and showed tremendous growth. Both lower level teams had their most successful seasons to date since joining the Lake Conference. Coach Mens did an outstanding job in his first year leading the 9A squad. Coach Danielson helped grow our program significantly at the JV level. We had 59 student athletes try out for our three teams this year, similar to the 60 who tried out last season. This year's number included no eighth-grade students.

Overall, we saw big positives in terms of our pre-season fitness level and willingness to compete hard against highly skilled opponents. Our senior class showed great leadership and character throughout the season. Seniors Marcus DeWitte, Tyler Revolinski, Yancy Aguilar, Tyler Schrepfer, Andreas Garcia and Max Zook were all outstanding teammates this year and left a positive mark on the program. We thank them all for their commitment and contribution to Buffalo Boys Soccer.

Lake Conference All-Conference honors went to Yancy Aguilar (Sr.) and Tyler Schrepfer (Sr). All-Conference Honorable Mention awards went to Landon Bourgoine (Jr.), Maxwell Zook (Sr.), Andreas Garcia (Sr.) and Isaac Brandstrom (So). Josh Tierney was awarded Section 8AAA Assistant Coach of the Year. Joe Pokorney was awarded the Section 8AAA Coach of the Year.

Girls Tennis

Head Coach: Simona Potockova - 1st year

Assistant Coach: Joel Peterson

- 11-14 overall (2-4 in the Lake Conference)
- won the Bison Invite, Duluth weekend (undefeated)
- a doubles team (Aspen Adams and Alaina Lee) placed 3rd in the section doubles tournament.
- great improvements throughout the line-up

Volleyball

Head Coach: Jennifer Peterson - 8th year

Assistant Coaches: Kylee Zumach, Jennifer Penney, Aivary Bouman, Lauri Zumach, Taylor Tody

This was the best season the varsity Bison Volleyball team has had in my career as head coach going 14-11. We had our best showing in the Lake conference with a win/loss record of 3-3. Kylee Zumach, BHS alumni, joined our staff as the varsity assistant bringing fresh knowledge of the game and competitive fire.

Our team GPA was 3.86 earning Gold Academic State Award. Our captains and seniors did a great job orchestrating lots of team bonding which they greatly missed out on during the COVID seasons. Captains Megan Stendahl (Sr.), Hannah Nord (Sr.), Grace Therrien (Jr.), and Ellie Keusman (Jr.) are to thank for the strong team connection, on and off the court. It was so much fun working with these athletes every day.

We peaked at the right time with an amazing win vs Eden Prairie on the last regular season match which was also senior night, going to 5 games. With a highlight of playing our senior foreign exchange student Bennedetta (Benny) D-Attilia from Rome who got a kill! We beat Bemidji in the first round of sections and lost to STMA in the second round.

Lots of impressive individual accomplishments starting with senior academics: Lexi Bennett and Megan Stendahl earned Gold Academic Awards for having over a 3.8 GPA all 4 years. Our First Team All Lake Conference athletes were: Kaia Caffee (Jr.

committed to Ohio State), Grace Therrien (Jr.), and Megan Stendahl (Sr.). Our Lake Conference Honorable Mention athletes were: Hope Schmitz (Jr.), Liv Lutz (Jr.), and Ellie Keusman (Jr). Kaia Caffee also earned the award for First Team All-Metro (top 7 athletes of the metro via Star Tribune), and she was first team All State (top 14 athletes in MN)!

As you may notice, we have a strong core of juniors returning who are impressive athletes across the state. We will have realistically high expectations for next season and that will start with their strength training, winter/spring sports and club volleyball in the off season.

Football

Head Coach: Craig Lachowitz - 6th year at BHS. 13th overall

Assistant Coaches: Brad Ingram, Chris Gmach, Austin Youngmark, Andy Karels, Troy Holland, Dave Griffith, Wyatt Craft, DJ Shefland, Tandrell Foster, Brad Anderson, Leroy Erickson, Mark Lemen, Kyle Belmont (volunteer), Mike Winfield (Volunteer), Jeremy Halak (Volunteer)

The 2022 Bison Football team finished with a 2-7 record and lost to the eventual State Semi-finalist, Rogers Royals, in the first round of the playoffs. The Bison started the season 2-1 with wins over Monticello and Delano before dropping their final 5 regular season games, including games against the top teams in the state; Elk River, Andover, and Rogers. We struggled through many injuries during the last half of the season that thrust a lot of young players into their first varsity action. This provided a lot of learning experiences for these young players that will hopefully prove fruitful next season.

The Bison were led statistically by Ty Kosek (12th grade) with 60 receptions, which led the district. Grady Guida (11th grade) was the leading passer, completing 145 passes for 1593 yards and 11 touchdowns. He also led the team in rushing with 356 yards and 5 touchdowns. Defensively, Trenton Radloff (11th grade) led the team with 96 total tackles, and was second on the team with 10 tackles for loss. Carter Walker led the team in sacks with 3 and tackles for loss with 20. Trenton Radloff was named Defensive MVP of the team and Ty Kosek was named Offensive MVP, with CJ Fogelquist named the Special Teams MVP.

Some other honors for our Bison players included Carter Walker being selected to play in the Minnesota High School All Star game at the Minnesota Vikings stadium on December 10th and Ty Kosek being selected as an Academic All-State Award winner. This award is given to only 18 players in all of Class 5A (0.5% of players).

The Bison placed a total of 20 players and managers, in grades 10-12, on the All-Academic Team for our district. That is roughly 18% of all of our 10-12th grade players

and managers. This helped propel the Bison to a 3.25 Team GPA, which ranked as the 9th best in all of Class 5A.

ATTACHMENTS:

- 2022 BHS Fall Participation Report